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In the United States Patent and Trade Mark Office

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In re application of : DANNY ADCOCK
Title: EXERCISE DEVICE
Serial Number: 10/537240
Filed on : 26 November 2003
10 Correspondence Date: 23 January 2009
Examiner: Allana Lewin
Art Unit 3764

15 Amendment and Response to First Official Action

Commissioner of Patents
P.O. Box 1450
Alexandria VA 22313-1450

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Sir,

This amendment is in response to the office action mailed to the applicant on 23 January 2009.

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Please amend the above application as indicated below:

Original claims 1-26 were deleted. Claims 27 – 53 are pending in the application.

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The Applicant proposes the following revised Claims:

Annotated – Underline indicates amendment and brackets indicate deletions:

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54 [27](Amended) A device for the exercise of the musculature of the upper arm, the
device comprising: telescopically assembled co operating inner and outer tubular
elements, each said tubular elements having end closure means at their outer ends; said
outer tubular element including an inwardly projecting collar at its inward open end;
said inner tubular element provided with an outwardly projecting collar at its inward open
end; said collars co operating to prevent the withdrawal of said inner tubular element
40 from said outer tubular element when said tubular elements operate telescopically;